

ENT / Head and Neck Department

Discharge advice following Uvulectomy or Uvulopalatoplasty

Uvulectomy or UVPP is the surgical excision of the uvula, the fleshy part that hangs down from the roof of the mouth at the back of the throat. This may be combined with incisions of the soft palate on either side to tighten the palate in order to attempt to reduce snoring.

Day of Discharge

Before you are discharged home, your consultant or member of his team will come to see you and agree your discharge.

Nutrition

After your operation it is important that you continue with your normal dietary intake, and continue to drink plenty of fluids. It is often helpful to take pain killers 30 minutes before meals. This will help to ease the discomfort, which may continue for several days. Your pain may increase up to about 7 days after the operation, this is normal and it can take up to two weeks after surgery for the discomfort to settle as the healing process is taking place. You will be prescribed a combination of painkillers which you will need to take regularly. These will be discussed with you after the operation, but it is often helpful to take each pain killer at separate times to provide a longer level of pain relief. You may find at first that drinking results in a leak of liquid through your nose but this usually settles once healing has occurred and the pain has settled.

Mobility

You may resume your normal activities as soon as you feel well enough to do so. In order to reduce the risk of infection, try and avoid crowded places such as pubs, parties and cinemas etc. for 10 days following surgery.

Bathing

You may shower or bath as normal following your operation.



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Driving

You may resume driving 48 hours after the operation as long as you feel well enough to do so.

Sexual Relations

You may resume your normal sexual relations as soon as you feel well enough to do so.

Return to Work

The recovery period for this operation is about 2 weeks. You will need to stay away from work for the 2 weeks after your operation. This is to allow the area in your throat to heal and to reduce the risk of infection. A sick note can be provided for you.

Wound Care

- Try and keep your mouth clean, by cleaning your teeth and drinking plenty of fluids;
- Use a mouthwash after your meals;
- Sucking boiled sweets or chewing gum may help;
- Try to keep away from people with coughs and colds;
- If you smoke it is strongly advised to stop or at least to reduce the amount for a minimum of two weeks, to help the healing process.

Medication

You will be given painkillers to take home with you.

- This will usually be Co-Codamol or Paracetamol; some of these tablets can be dissolved in water. You can take two tablets every four hours if you require them, but you must not take more than eight tablets in any twenty four hour period. You **cannot** take both Co-codamol and Paracetamol at the same time as Co-codamol contains Paracetamol. You may be prescribed Paracetamol and Codeine separately – these medicines can be taken together.
- Depending on any other medical problems you have, you may also be given Ibuprofen. This must not be taken on an empty stomach and must not be taken more than three times in a twenty-four hour period.
- We will give you a week's supply of medication, if you require a further supply, these can be obtained from your GP. Paracetamol and Ibuprofen can be brought over the counter.

Problems

If you are experiencing increasing pain which is so severe that it prevents eating and drinking, please contact your own GP to review pain relief. If you are unable to contact

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him/her, then telephone the Head and Neck ward at University Hospital, telephone 024 7696 7831. They will advise you and you may be asked to return to the ward. You may also ring this number if you require any further information following your discharge.

If there is any sign of bleeding from your mouth go straight to your nearest Accident and Emergency Department.

Out-patients Appointment

If you need a follow up appointment in the out-patients department this will be sent to your home address; or alternatively, you may be asked to see your own GP. You will be informed as to which applies to you before you leave the ward.

Post

Any mail which arrives for you following your discharge will be re-directed to your home address.

We wish you a speedy recovery.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact 024 7696 7831.

The Trust operates a smoke free policy.

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